

Week	Description	Total Hours	Weekday Rides	Weekday Hours	Weekend Rides	Weekend Hours	Terrain	Intensity*	
1	Adaptation	8	3	4	2	4	flat	9-14	light to somewhat difficult
2	Preparation	8	3	4	2	4	flat	9-14	light to somewhat difficult
3	Preparation	9.5	3	4	2	5.5	flat	9-14	light to somewhat difficult
4	Preparation	10.5	3	5	2	5.5	flat	9-14	light to somewhat difficult
5	Recovery	4	2	2	1	5.5	flat	8-11	very light to fairly light
6	Building	9	3	4	2	5	climbing	10-17	fairly light to difficult
7	Building	9	3	4	2	5	climbing	10-17	fairly light to difficult
8	Building	9	3	4	2	2	climbing	10-17	fairly light to difficult
9	Recovery	4	2	2	1	2	flat	8-11	very light to fairly light
10	Building	8.5	3	4	2	4.5	climbing	12-20	somewhat difficult to all out
11	Building	8.5	3	4	2	4.5	climbing	12-20	somewhat difficult to all out
12	Building	8.5	3	4	2	4.5	climbing	12-20	somewhat difficult to all out
	Courage Classic	—	—	—	—	—	—	—	—

* A note about intensity, if a 6 is you sitting on the couch, a 20 is you going all out. You can gauge intensity by how hard you're breathing, your own perceived rate of intensity, or by using a heart rate monitor.